

When Time Doesn't Heal All Wounds

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**What if there was a hidden crisis
responsible for high rates of
obesity, heart disease,
substance abuse, suicide and
many other serious ailments that
shorten lives?**

**And what if we could
do something about it?**



Childhood Trauma Means You Grew Up With...



- Recurrent physical abuse.
- Recurrent emotional abuse.
- Sexual abuse.
- Emotional or physical neglect.

Childhood Trauma Means You Grew Up With...



- Adults who are substance abusers
- An incarcerated household member.
- Caregivers who are mentally ill.
- Mother treated violently.
- One or no parents.

But trauma also can occur at the community level



- Neighborhood violence
- Cumulative effects of racism and implicit bias
- Intergenerational trauma

Trauma is More Common Than We'd Like to Admit

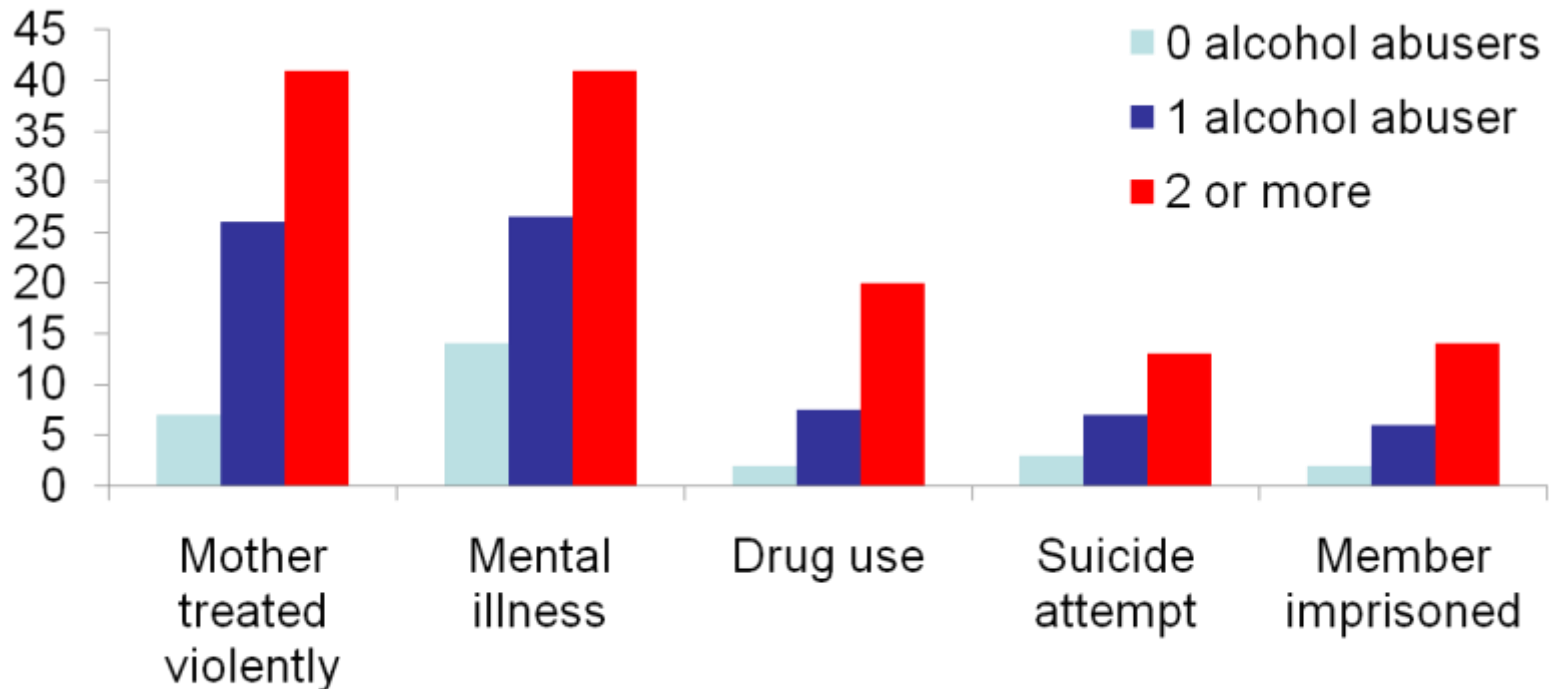
One in seven of all California babies born in 2006 and 2007 had been reported for abuse or neglect by age five.

25% of Californians report 2-3 adverse childhood experiences (ACEs)



And Trauma Tends to Cluster

Alcohol Abuse in the Home and the Risk of Other Household Exposures During Childhood



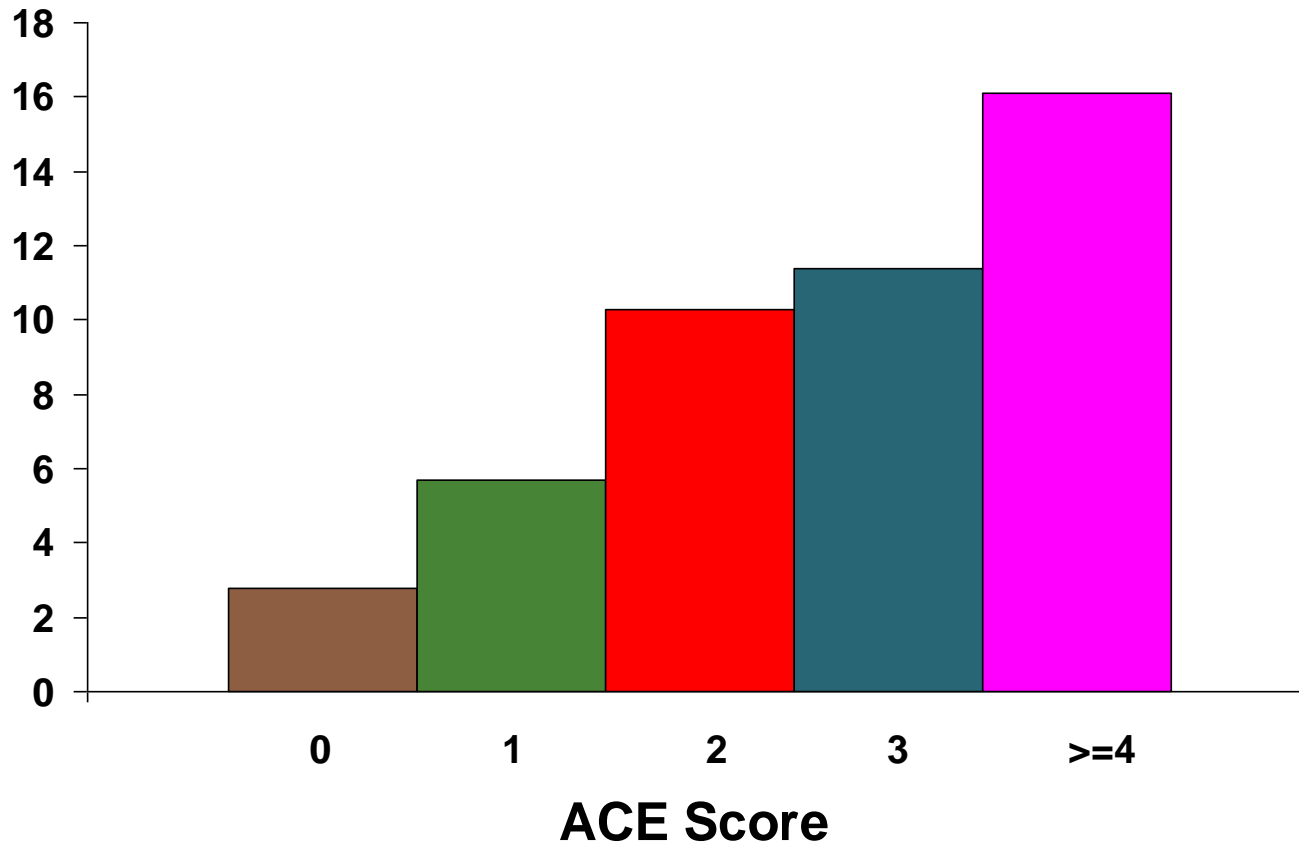
Why Does This Matter?



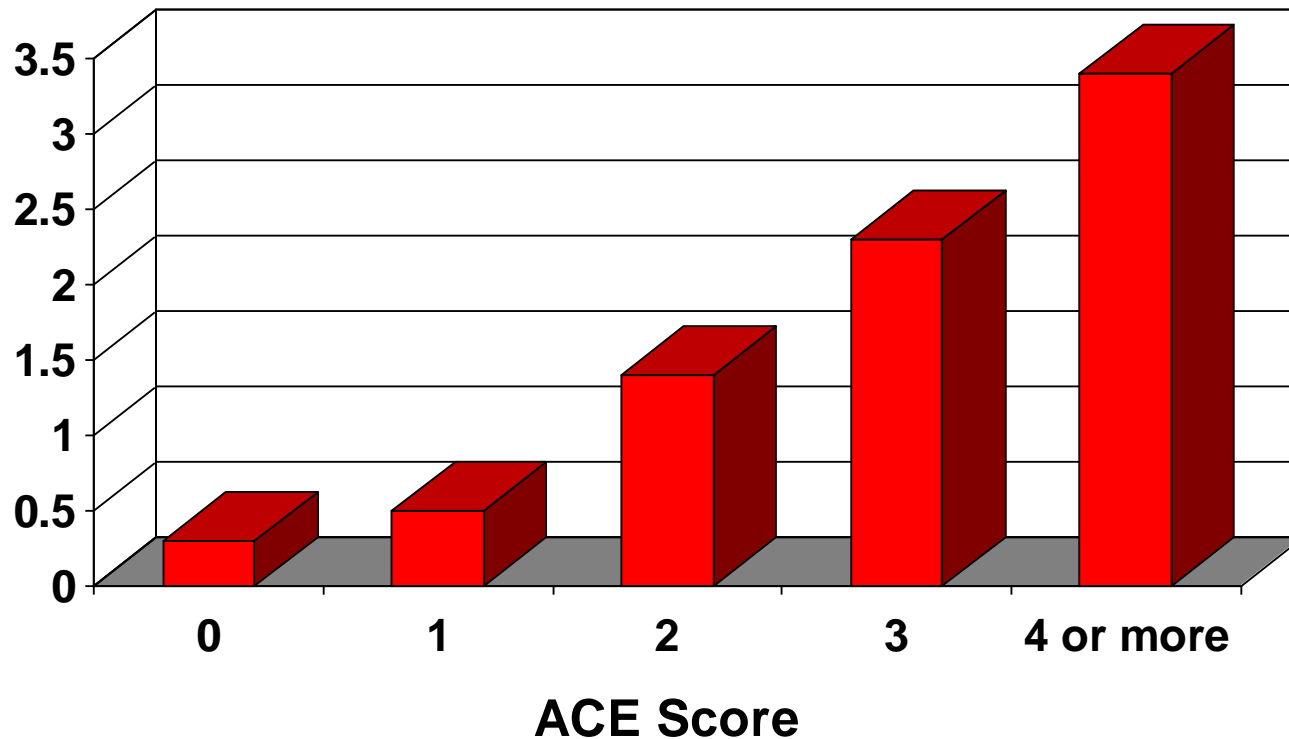
Dozens of studies have confirmed the that childhood trauma accurately predicts serious health problems later in life.

Time does not heal all wounds.

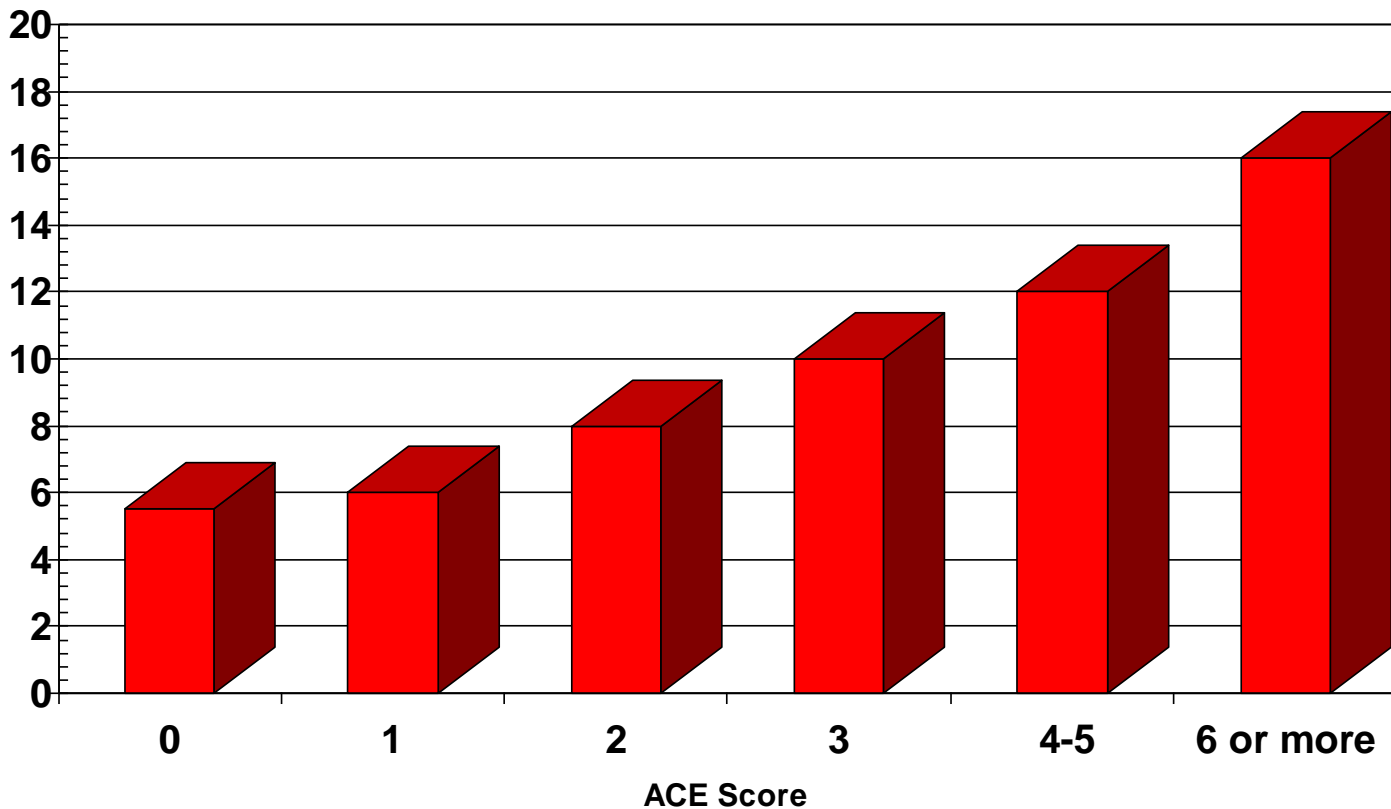
Childhood Trauma vs. Adult Alcoholism



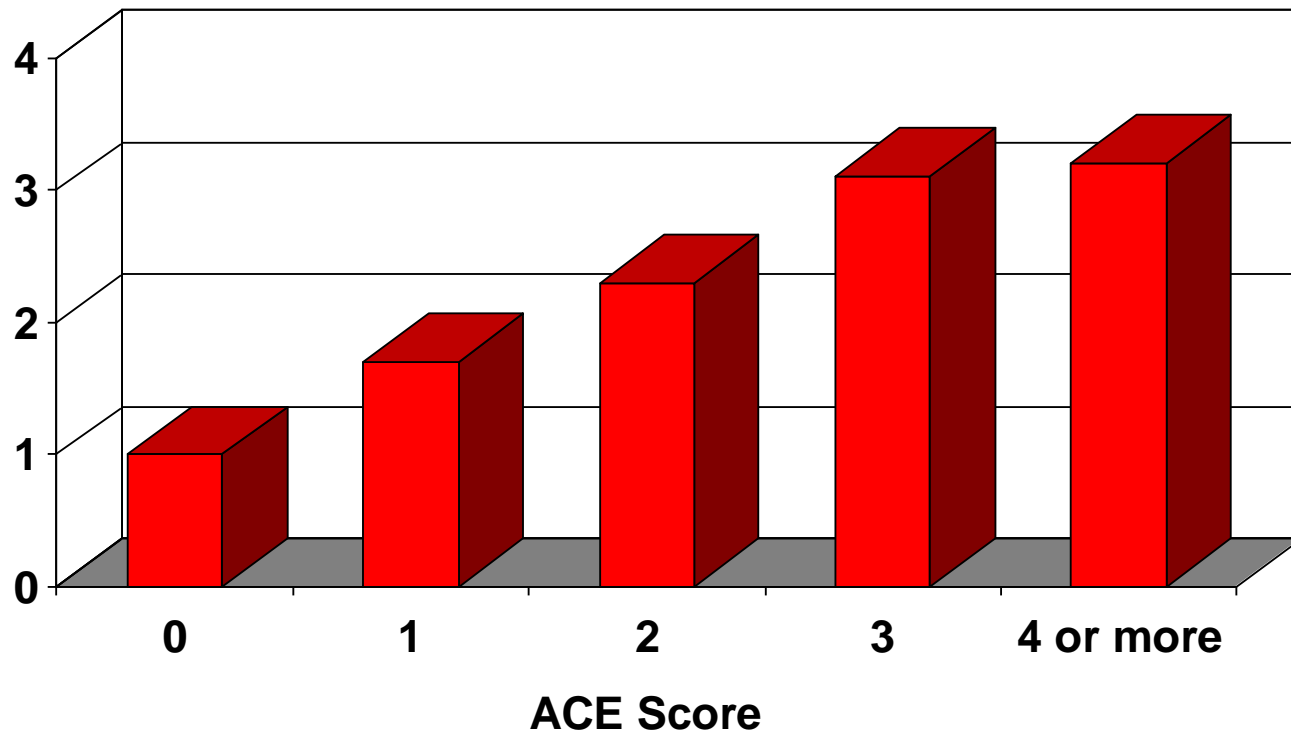
Childhood Trauma vs. Intravenous Drug Use



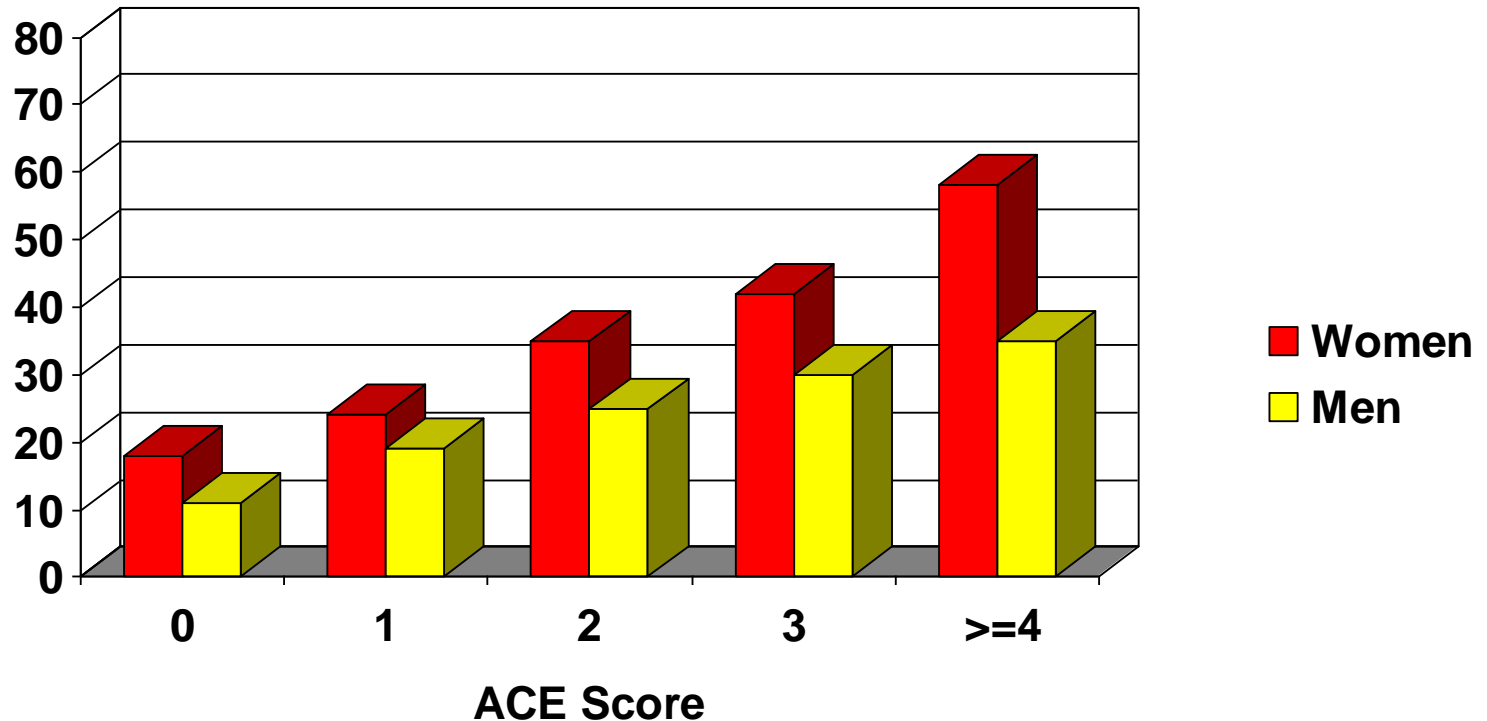
Adverse Childhood Experiences vs. Smoking as an Adult



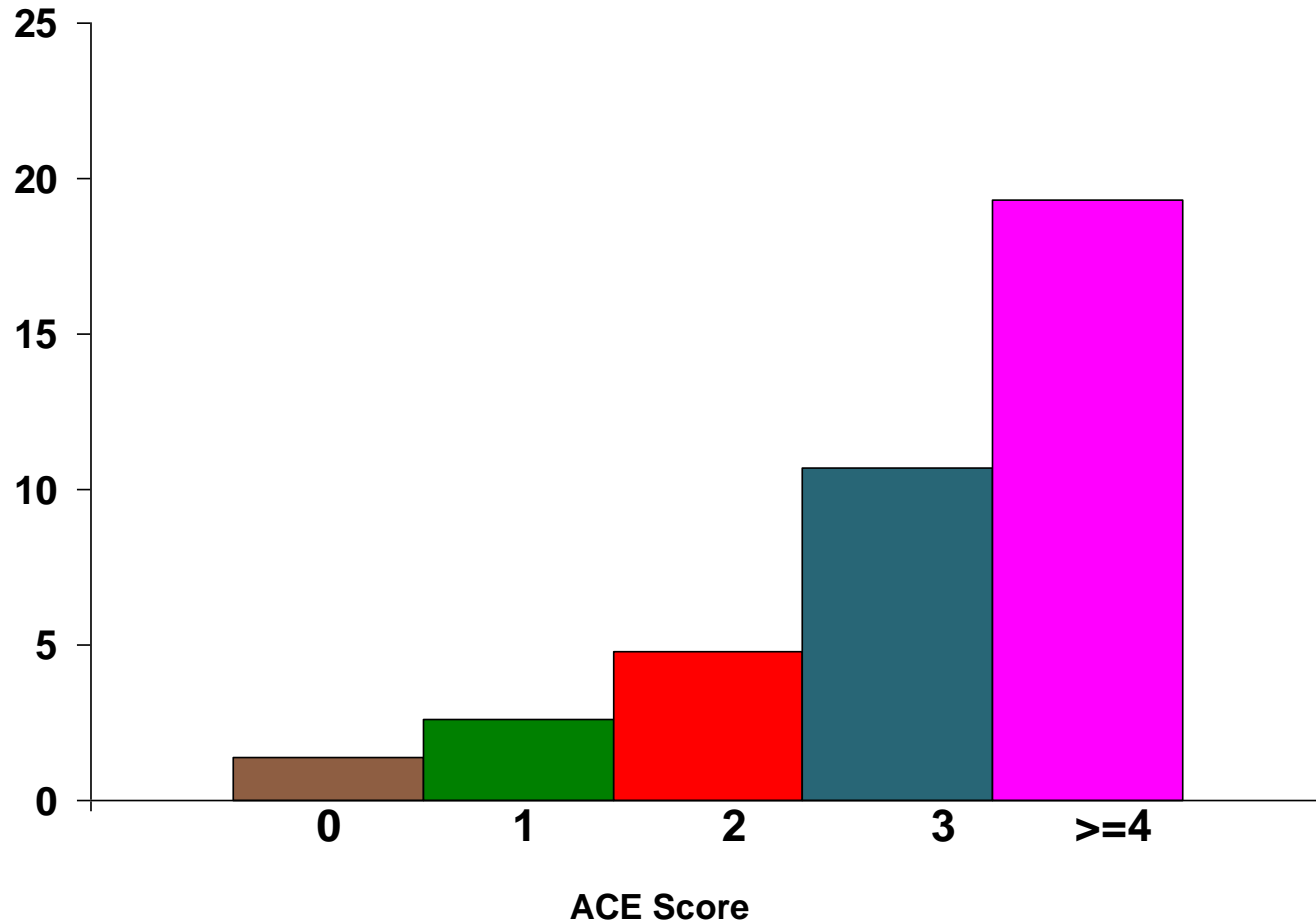
Childhood Trauma vs. Likelihood of > 50 Sexual Partners



Childhood Experiences Underlie Chronic Depression



Childhood Experiences Underlie Later Suicide



For kids, the stakes are high

- Trauma is the No 1 predictor of school suspension and No 2 predictor of academic failure (after being in special education)
- Kids with 2+ adverse childhood experiences are 3x more likely to repeat a grade
- 90% of kids in juvenile justice system have a history of trauma

Brain Science Helps Explain Why

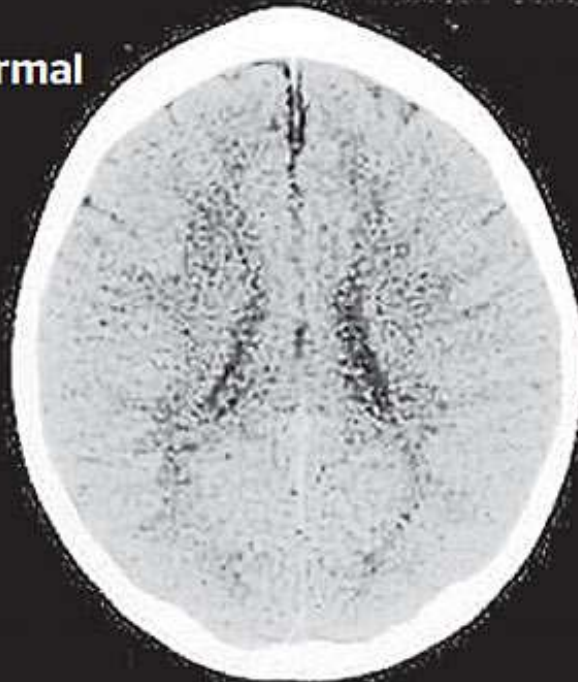


- Nurturing, responsive, and individualized interactions from birth build healthy brain structure.
- Healthy brain architecture is the foundation required for future learning, behavior and health.

HOW STRESS CHANGES A CHILD'S BRAIN

3-YEAR-OLD CHILDREN

Normal



Extreme neglect



■ Prolonged exposure to trauma triggers physiological changes in the brain.

■ Neural circuits are disrupted, causing changes in the hippocampus, the brain's memory and emotional centre.

■ This can cause brain shrinkage, problems with memory, learning and behaviour.

■ A child does not learn to regulate emotions when living in state of constant stress.

■ Associated with greater risk of chronic disease and mental health problems in adulthood.

The brain is wired for survival, first and foremost



- Cortisol and adrenaline flood the brain, leading to “fight, flight or freeze” response.
- “Rational” brain goes offline

For kids, trauma overwhelms internal ability to cope



- So they use other coping strategies: drinking, smoking, sexual promiscuity, drug use.
- Behavioral symptoms include jumpiness, defiant behavior, withdrawal, inability to focus, lack of trust.

Finally, some good news..



- The effects of trauma can last a lifetime, but they don't have to.
- There are ways to buffer the effects of trauma and build resilience
- Nurturing relationships are crucial

To prevent trauma, we must start early

- Pre-natal and early childhood:
 - Screen moms-to-be
 - Awareness building among pediatricians
 - Parent education
 - Home visitation
 - Quality child care and pre-school



Trauma-Informed Schools

- Training educators and school staff about trauma and brain development
- Teach “self regulation” – what to do when you are anxious and angry
- Replace suspensions and expulsions with peaceful conflict resolution
- School based health services
- Guard against over medication of children

In communities

- Support for parents
- School and community based mental health
- Mentoring and after-school programs
- Meditation
- Healing and relationship-building



The power of youth leadership



- Healing through self-expression, storytelling, the arts and activism.

Trauma Leads to Justice Through Resiliency



- Oppression is a form of trauma
- Trayvon, Ferguson, Baltimore
- Civic engagement has therapeutic value
- MLK, Mandela, Chavez, MADD

health
happens
here



with Resilience